



The purpose of this guide is to help you find information and support on chemotherapy. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- CancerCare. **Understanding and Managing Chemotherapy Side Effects.** Available online at:
https://media.cancercare.org/publications/original/24-ccc_chemo_side_effects.pdf
- Leukemia & Lymphoma Society. **Understanding Side Effects of Drug Therapy.** Available online at:
https://www.lls.org/sites/default/files/file_assets/PS43_Understanding%20Side%20Effects%20of%20Drug%20Therapy_6_16_reprint.pdf
- National Cancer Institute. **Chemotherapy and You: Support for People with Cancer.** Available online at:
<https://www.cancer.gov/publications/patient-education/chemotherapy-and-you.pdf>
- National Cancer Institute. **Chemotherapy Side Effects Fact Sheets.** Available online at:
<https://www.cancer.gov/cancertopics/coping/physicaleffects/chemo-side-effects>

Books

- Brown, Carlton. **A Patient's Guide to Cancer Symptom Management.** Pittsburgh, PA: Oncology Nursing Society Hygeia Media, 2011.
- Brown, Roxanne. **Chemo: Secrets to Thriving.** Bedford, IN: NorLights Press, 2011.
- Clegg, Ellen. **Chemobrain: How Cancer Therapies Can Affect Your Mind.** Amherst, NY: Prometheus Books, 2009.
- Herbert, Mike. **The Chemotherapy Diet: 5 Steps to Staying Healthy During Cancer Treatment.** CreateSpace Independent Publishing, 2012.
- Joyner, Brenda L. **Chemo Sabe: A Guide to Being a Personal Advocate for a Chemotherapy Patient.** Battery Park, VA: Polonius Press, 2003.
- Lyss, Alan P.; Fagundes, Humberto; Corrigan, Patricia. **Chemotherapy and Radiation for Dummies.** Hoboken, NJ: Chichester: Wiley, 2005.
- McKay, Judith; Schacher, Tamar. **The Chemotherapy Survival Guide: Everything You Need to know to Get Through Treatment.** 3rd Ed. Oakland, CA: New Harbinger, 2009.
- Mitchell, Natalie. **How to Help Yourself While on Chemotherapy: What Your Body Would Like You to Know.** Hauppauge, NY: Accretive Solutions Limited, 2012.
- Silverman, Dan and Davidson, Idelle. **Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus.** Cambridge, MA: Da Capo Press, 2009.

Audiovisual Resources

- **Chemotherapy Video, an Emmi program**
<https://www.my-emmi.com/acs/cancer-education.html>

Emmi® programs help you and your loved ones make sense of vital health information. These multimedia programs explain what to expect before, during and after your procedure or treatment. Emmi Solutions developed these programs with the assistance and expertise of the American Cancer Society.

Web Resources

- **Chemocare.com**

<http://www.chemocare.com/>

Comprehensive information on chemotherapy including managing side-effects, coping strategies, and complementary therapies. The site is presented by Scott Hamilton, and the content is provided by the Cleveland Clinic.

- **Chemotherapy** from the American Cancer Society

<https://www.cancer.org/treatment/treatments-and-side-effects.html>

Links to several pages on the topic including treatment types, a guide to cancer drugs, and physical and emotional side effects of treatment.

- **U.S. Food and Drug Administration**

<https://www.fda.gov/Drugs>

Drug information and education about buying and using medicines safely, new drug approvals and tips for parents and seniors.

University of Michigan Resources

- **What to Expect: A Guide to Cancer Infusion Therapy**

<https://www.rogelcancercenter.org/chemotherapy/resources>

- Click “A Guide to Cancer Infusion Therapy”

A guide to chemotherapy at the University of Michigan Rogel Cancer Center. It includes advice on preparing for treatment and dealing with practical, social, and medical aspects of chemotherapy treatment.

For Patients taking Oral Chemotherapy Drugs

Brochures

- **Cure. A Patient's Guide to Medication Adherence & Financial Support.**

Available online at:

<https://www.curetoday.com/publications/cure/2016/medication-adherence>

Web Resources

- **Oral Chemotherapy** from the American Cancer Society

<https://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/chemotherapy/oral-chemotherapy.html>

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Document #0124 /Last Revised 3/2019